

The Veterans Voice

FALL/WINTER 2002



New Hampshire Veterans Home announces its participation in the Veterans History Project

The New Hampshire Veterans Home has joined forces with the Library of Congress and the American Folklife Center as an official partner in the Veterans History Project. On October 27, 2000, the U.S. Congress voted unanimously in favor of the creation of the Veterans History Project through Public Law 106-380. The project recognizes the urgency of collecting war time memories as well as the value of engaging the American public in its own history.

The mission of the Veterans History Project is to collect the memories, accounts and documents of our veterans from World War I, World War II and the Korean, Vietnam and Persian Gulf Wars, and to preserve these stories of experience and service for future generations. The term "veterans" means all veterans, men and women, those who served in war and in support of combat operations, all ranks in all branches of service - the Army, Navy, Air Force, Marine Corps, and Coast Guard. The project also includes the Merchant Marine and those involved in home front and support activities.

As an official partner, NHVH has pledged its participation and is seeking additional volunteer support in the following areas:

- Endorsing the Veterans History Project and announcing our organization's participation
- Including information about the project in publications and broadcasts
- Identifying war veterans, and those who served in support of them, to interview

We are in the planning stages of involvement with the Project. Should you or your organization like to assist NHVH in this effort, please contact Lisa-Marie Mulkern at (603) 286-4412 or send an e-mail to lmulkern@nhvh.state.nh.us.



For additional information,
please visit:
www.loc.gov/folklife/vets

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Welcome from the Office of Public Affairs and Development

Welcome to The Veterans Voice! As the Public Affairs and Development Director, I am pleased to serve as the editor of The Veterans Voice, a quarterly publication of the New Hampshire Veterans Home.

In the current and future issues of the newsletter, we will include profiles of residents, staff, volunteers and other supporters of the Home. Since I will be asking others to take the stage, it is only fair that I begin by telling you about myself.



Lisa-Marie Mulkern, Public Affairs and Development Director

I first came to NHVH as a volunteer in May 2001. I had been very interested in animal-assisted therapy and knew that I had the perfect therapist in my dog Bandit. Since I am also very interested in military working dogs, NHVH seemed the perfect place for us to visit. Bandit and I really enjoyed our visits and continue

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Welcome to Our Home!

The following Residents made NHVH their Home during the fourth quarter of 2002. Residents joined the New Hampshire Veterans Home family as of the dates indicated.

Alfred Reichwagen	10/03/02
Laurence Benz	10/09/02
John Roche	10/21/02
Eugene Beaupre	10/24/02
Francis Amirault	10/31/02
Kenneth Agan	11/13/02
Lucien Normand	11/18/02
Henry Richard	11/25/02
Reynold Allin	12/10/02

Upcoming Events at the New Hampshire Veterans Home

As part of our ongoing effort to keep you informed of what's happening around NHVH, we would like to advise you of the following upcoming events.

February 2003

On February 12, 2003, we will host our annual Valentine's Day Celebration. The celebration will be held in the main dining room located on

the Tarr South Unit from 1:30 until 3:00 p.m.

We will enjoy an array of holiday treats while we dance to the music of The Melody Men. As with all celebrations at NHVH, we welcome family, friends and supporters to join us.

March 2003

Celebrations in honor

of St. Patrick's Day include our Annual Parade of Residents and Staff on March 13, 2003 as well as a Special Coffee Social with entertainment by Peter Ole that is scheduled for March 18, 2003.

April 2003

We are also planning a variety of events for Volun-

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Welcome from the Office of Public Affairs and Development

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to serve as volunteers.

In September 2002, I came to NHVH full-time as the Public Affairs and Development Director. I am very excited about the opportunity of combining my business, educational and volunteer experiences in support of our veterans. In addition to my background in investor relations and corporate communications, I received a Bachelor of Arts degree in International Relations from St. Joseph's University and a Master of Business Administration degree from Bentley College.

Outside of my work at NHVH, I also enjoy skiing, competing in triathlons and

spending time with my husband Dave and our two dogs and a cat. As a firm believer in the power of the human-animal bond, I often spend lunch breaks meeting with our Residents and animal visitors.

I consider it an honor to work on behalf of those who served. The generosity of family, friends, volunteers and financial contributors to the NHVH Benefit Fund enables us to support quality of life initiatives for the veterans who bravely defended our freedoms. On behalf of the Residents and Staff of NHVH, I would like to thank you for your ongoing support. I look forward to working with you in 2003!

Upcoming Events at the New Hampshire Veterans Home

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teer Appreciation Week (April 27 - May 3, 2003). Please stay tuned for additional details.

NHVH welcomes visitors every day. We are especially glad to see family, friends, volunteers and fellow veterans. Please consult the monthly Activities Calendar for a listing of regularly scheduled recreational events. Additional copies of the Activities Calendars are available by contacting Pat Sleeper, Recreation Department Secretary at (603) 286-4412 ext. 217.



"New Hampshire Veterans Home in Winter".

Photographed by and provided courtesy of Phil Walton, NHVH Resident Chaplain.

Staff News and Events

NHVV applauds the efforts of its dedicated staff. The following employee update covers the period from October 1, 2002 through December 31, 2002.

Welcome to our New Employees...

Employee Name	Position	Date of Hire
Kelly Audet	NA Trainee	12/02/02
Roberta Beaupre	LPN	12/14/02
Cassie Boudreau	Food Service Worker II	10/04/02
Maureen E. Brown	NA Trainee	11/29/02
Gloria Conner	Laundry Worker II	10/19/02
Jamie L. Dall	Business Administrator III	12/06/02
Sheila Dunn	NA Trainee	10/11/02
Kristopher Hillson	Technical Support Specialist II	12/30/02
Candace Hodder	LPN	10/01/02
Ryan Jones	Food Service Worker II	10/02/02
Stephanie McCauley	NA II	12/02/02
Gail McGraw	NA II	11/02/02
Melinda Noel	NA Trainee	11/08/02
Jane Osborne	Food Service Worker II	10/03/02
Darlene Riley	NA Trainee	12/09/02
Marie Rogers	Human Resources Administrator	10/31/02
Jennifer Tuttle	NA II	11/29/02
Nathaniel Spooner	Food Service Worker II	12/23/02

Congratulations to the following Employees on their Promotions...

Employee Name	Position	Date of Promotion
Elizabeth Connelly	Nurse Specialist	12/05/02
Kristine Day	Nurse Specialist	12/05/02

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Staff News and Events

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Employee Name	Position	Date of Promotion
Robert Loranger	Maintenance Mechanic I	12/13/02
Mary Murphy	Chef II	12/05/02
Brian Ouellette	Maintenance Mechanic II	12/13/02

Best Wishes to the following Employees on their Retirement...

Employee Name	Position	Dates of Service
Margaret O'Connor	RN III	09/08/80 - 12/01/02
Louise Paquette	Human Resources Coordinator	05/15/78 - 12/01/02



Ed Colby, Deputy Director (center), presents Margaret ("Peg") O'Connor (left) and Louise Paquette (right) with certificates of appreciation in recognition of their dedicated service to the New Hampshire Veterans Home. Peg and Louise were recently honored at a Resident/Staff Social. Peg, a registered nurse, worked at NHVH for 22 years. Louise, human resources coordinator, retired after 24 years of service. The entire NHVH family extends their best wishes to Peg and Louise.

A Veteran's Best Friend Finds a New Home

People who require long term care for their age related illnesses often face the difficult situation of securing a new home for their companion animals. Friends and family members often assist in caring for a loved one's pet. However, in many cases, friends and family are unable to permanently provide a new home. The alternative is to seek assistance from a local animal shelter in the hopes of finding a suitable adoptive family. Although shelters are often successful in placing these animals, the process is very stressful for both owner and pet since they are accustomed to each other's companionship and devotion.

When Resident Norman Allaire joined the New Hampshire Veterans Home family a few years ago, he faced the difficult task of finding a new home for his dog Poncho, then a seven year old Bichon Frise that Norman had raised from a pup. Although a friend was able to provide a temporary home, Norman wanted to be certain that Poncho was permanently placed with a new family. Realizing that Norman needed assistance with placing Poncho, NHVH social worker Mary Schweitzer went to work on his behalf. Mary began posting notices for fellow staff members.

Linda Preston, a nurse on the Tarr South Unit who has worked at NHVH for 14 years, read the notice and desperately wanted to help. Already the owner of three dogs, including a Bichon Frise named Pierre, Linda knew there had to be room for one more. Linda's family agreed that they wanted Poncho to join them. Our veteran's best friend had found a new home!



Linda Preston, R.N., who works on the Tarr South Unit, was happy to provide an adoptive home for Poncho in which he is able to maintain contact with his owner Norman.



Resident Norman Allaire is pictured above with his faithful companion Poncho.

Poncho was so well behaved that Linda quickly determined he was an ideal candidate for animal-assisted recreational therapy. Since being placed with Linda, Poncho has become a regular visitor to the Home. Norman greatly appreciates the opportunity to stay in close contact with his companion. Norman is also committed to sharing Poncho and encourages the dog to frequently visit with other Residents. Fellow Resident Bill Mertens is especially fond of Poncho and regularly assists with the duties of feeding and walking. Now nearly 10 years old, Poncho continues to "work" the second shift approximately three days per week. Linda witnesses Poncho's therapeutic power first hand every day. Linda ex-

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A Veteran's Best Friend Finds a New Home

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plains, "Poncho is a very calming and positive presence at NHVH. He listens well and gladly visits with anyone who wants to spend time with him." Research indicates that pets such as Poncho and other animal visitors to NHVH provide a variety of benefits.

A recent study conducted by Marian R. Banks of the VA Medical Center in St. Louis and William A. Banks of the St. Louis University School of Medicine, indicates that animal-assisted therapy significantly reduces the loneliness of long-term care residents. The study, which was published in the July 2002 issue of *Journal of Gerontology*, found that a large number of residents, if provided the opportunity, would continue their lifelong history of relationships with pets.

"Poncho is a very calming and positive presence at NHVH. He listens well and gladly visits with anyone who wants to spend time with him."

NHVH - 2002/2003 Board of Managers

Joseph Vitale, Chairman

(Disabled American Veterans)

David S. Roberts, Secretary

(Marine Corps League)

Donald R. Caron

(Veterans of Foreign Wars)

Elizabeth W. Castricone

(VFW Auxiliary)

Brian Matchett, Dept. Commander

(Disabled American Veterans)

Thomas R. Murphy

(American Legion)

Eugene Pawlik, Sr., Dept. Commander

(Veterans of Foreign Wars)

Dana Welch

(Vietnam Veterans of America)

Robert Wyman, Dept. Commander

(American Legion)

Construction Update

The New Hampshire Veterans Home is undergoing a 100-bed facility addition that is currently scheduled for completion in Summer 2003. It will be a state-of-the-art facility dedicated to addressing the unique needs of Residents with Alzheimer's disease and other memory impairment disorders that are collectively referred to as dementia. Designed with a focus on both the individual and collective needs of Residents in equivalent stages of dementia, the addition will be divided into small, independent neighborhoods ranging in size from fourteen to twenty-two beds per unit. The neighborhood concept will provide our Residents who suffer from dementia with the highest level of safety, familiarity and activity while ensuring that their long-term health care needs are fully addressed.

Upon completion, NHVH will be a 250-bed long-term care facility capable of providing continuity of care for the physical, emotional and cognitive changes that our Residents experience as part of the overall aging process. We are very excited about the facility addition and its ability to enhance the overall quality of life care that NHVH proudly provides to Granite State veterans.

Anthony J. Principi, Secretary of Veterans Affairs visits NHVH

The New Hampshire Veterans Home was pleased to welcome Anthony J. Principi, Secretary of Veterans Affairs, during his recent visit to New Hampshire. As Secretary, Mr. Principi directs the federal government's second largest department responsible for a nationwide system of health care services, benefits programs, and national cemeteries for America's veterans and their dependents.

Senator John E. Sununu (center), and Secretary Anthony J. Principi (right) present a flag to Commandant Barry Conway (left). The flag flew over the US Capitol on September 11, 2002 in honor of Patriot Day.



Volunteer Spotlight

Nearly every Monday and Thursday morning at 9:00 a.m., Cindy Gonnerman stops by to visit with the Residents of the New Hampshire Veterans Home. At first glance, it is easy to mistake Cindy and her companion Daniel as an animal-assisted therapy team. In fact, Cindy is blind and relies on Daniel, a yellow Labrador retriever, to serve as her guide dog.

Cindy began volunteering at NHVH approximately 3 years ago. She really enjoys meeting with the Residents and sharing her stories of adventure. Cindy believes that she and



On a recent trip to NHVH, Cindy Gonnerman and Daniel visit with Resident Maurice Clement.

Daniel were destined to become partners for the purpose of entertaining people. She laughs as she recalls a visit to the local supermarket in which Daniel positioned himself in one particular area and appeared hesitant to move elsewhere. Sensing Daniel's reluctance, Cindy asked a fellow shopper to specify their location. The woman chuckled and replied, "You are in the dog food aisle!"

However, Cindy does not limit her travels to the local area. She enjoys exploring new places and meeting

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Volunteer Spotlight

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a variety of people. Cindy remains committed to maintaining the independent lifestyle that she enjoyed prior to losing her vision in 1997 as a result of retinopathy - a blindness associated with diabetes. With assistance from the Carroll Center for the Blind located in Newton, Massachusetts, Cindy spent a full year adapting to her blindness prior to being paired with Daniel in 1998.

True to her independent nature, Cindy boarded a bus and traveled cross-country all the way to the Oregon campus of Guide Dogs for the Blind for introduction to and training with her canine partner. After several weeks of training, Cindy returned to her home in Tilton with Daniel leading the way. Emphasizing the success of Daniel's training, Cindy notes that Guide Dogs for the Blind is the same school that trained Roselle, the dog who led her owner Michael Hingson down 78 floors to safety from the World Trade Center on September 11th.

Despite the overall guidance and companionship that Daniel provides, Cindy must still contend with transportation issues. She relies heavily on the Greater Laconia Transit Agency (GLTA) buses as well as the volunteer

support of the Neighbor-to-Neighbor organization for transportation assistance. These organizations enable Cindy and Daniel to travel to a variety of meetings that provide advanced assistance for the blind. Cindy participates in a computer users group at the New Hampshire Association of the Blind. This group enables Cindy to maximize her skills in using software that reads computer text aloud. Additionally, Cindy attends quarterly meetings of the New Hampshire Dog Guide Users Group. The group arranges a variety of social outings, provides support to fellow users and educates the public about the im-

portance of guide dogs.

Although these volunteers have a very busy schedule, Cindy still finds time to enjoy her favorite hobbies - cooking and skiing. Each winter, Daniel gets a break from his guide dog duties while Cindy joins her family and friends on the slopes for some downhill skiing. Relying on verbal instruction from a nearby skier, Cindy is able to conquer the trails! We are very proud of Cindy and Daniel and of their contributions to the New Hampshire Veterans Home Family.



Daniel was raised in Alaska prior to beginning his guide dog training. He enjoys playing in the snowy courtyards at NHVH.

In Loving Memory

The New Hampshire Veterans Home extends its deepest condolences to the loved ones of the following Residents who recently passed away. We are grateful for the time that they spent with the NHVH family. Their presence will be greatly missed.

Name	Joined NHVH	Departed
Russell Dickey	02/15/96	10/03/02
Leonard Hammer	04/14/92	10/09/02
Paul Rivard	02/18/98	11/08/02
Raoul Beuparlant	03/16/99	11/09/02
Thomas Pryor	10/18/01	11/11/02
Ray Thomas	12/06/01	11/11/02
Harold Oldham	03/07/00	11/14/02
Francis Burns	10/11/01	11/22/02
MacBeth Bartlett	06/20/01	11/21/02
Walter Zdon	11/25/96	11/25/02
Clayton Rogers	08/02/00	12/26/02
Veronica Oliver	07/24/97	12/29/02



Photographed by and provided courtesy of Phil Walton, Resident Chaplain of the New Hampshire Veterans Home.

NHVH Celebrates the Holidays!



Santa Claus (Harry Poper of American Legion Post #48 in Hudson, NH) spreads some Holiday cheer to Harriet Hanson, a Resident of NHVH. The American Legion, along with other veteran service organizations, generously support the NHVH Benefit Fund through the purchase of holiday presents for all of the Residents.

New Year's Eve was rocking at NHVH! Staff members take to the stage and provide back-up vocals to "My Girl" along with entertainer Leo Goupil. Pictured left to right are Judy Reid, Beth Benz, Pat Sleeper and Linda Tucci



Resident Theodore Dudka enjoys turkey "with all the fixings" during Thanksgiving dinner.

Supporter Spotlight

The Benevolent and Protective Order of Elks of the USA

The New Hampshire Veterans Home greatly appreciates the generosity and active participation of a variety of service organizations. The NHVH family is committed to the timely acknowledgement of all contributions. Additionally, we consider our service organizations to be our family members. In an effort to raise awareness about our extended family, we will be profiling a different organization on a quarterly basis.

In this issue, we are shining the spotlight on *The Benevolent & Protective Order of Elks of the USA* (the “Elks”). The Elks National Veterans Service Commission is committed to “making the Elks the most visible force in voluntary service to veterans”. NHVH regularly witnesses this commitment in action. In addition to contributing their time and resources to several Bingo events and birthday gifts each year, the Elks also sponsor fishing derbies as well as an Annual Holiday Party that features a variety of entertainment and refreshments.

NHVH extends its thanks to all of the members of the Elks throughout New Hampshire who assist us in providing quality of life care to our veterans!

Additional information about the BPO of Elks of the USA is available online at www.elks.org

Then and Now

New Hampshire Veterans Home Resident Carl Kotkowski served during World War II as a munitions worker with the 464th Army Air Force Base Unit. He was stationed in England and saw heavy bombardment during the war. Carl reached the rank of Sergeant and participated in numerous campaigns in Europe, Africa and the Middle East. He was awarded a Good Conduct Medal, Distinguished Unit Badge as well as the European/African/Middle Eastern Theater Campaign Ribbon.



Carl Kotkowski in a photograph taken 60 years ago during WWII.

NHVH is proud of Carl and of all our Residents whose dedicated service to their country secured our freedoms.



NHVH Resident Carl Kotkowski in a photo dated December 2002.

***The Veterans Voice* wants to hear your voice!**

The Veterans Voice wants to hear your voice! We welcome suggestions on future content from Residents, family, friends and supporters.

Should you have a suggestion for a story or if you would like to submit a photo for publication, we would be happy to consider your ideas for an upcoming issue. Please forward your suggestions directly either by e-mail at lmulkern@nhvh.state.nh.us or by sending a letter to Lisa-Marie Mulkern, New Hampshire Veterans Home, PO Box 229, Tilton, NH 03276.

We are especially glad to receive photos depicting our Residents involved in activities at the Home or taking part in a supporter-sponsored outing. If you are submitting a photo for publication, please include the date as well as an identifying caption.



Members of the NHVH Housekeeping Department celebrate Halloween in retro-military style. Pictured left to right are (front row) Peggy Miller and Shirley McPhail (back row) Donna Lamprey, Jeanne Adams, Rachel Roberts, Alice J. Brown, Kathy O'Neil, Linda Tucci, Dolly Keyser and Vivian Dunlop.

More Holiday Moments



Staff Members of the Tarr South Unit gather for a Holiday luncheon. Pictured left to right are Rhonda Tracey, Kathleen Brock, Denise Ouellette, Mary Schweitzer and Jennifer Forgarty.

Charles Safford, Vice President of the NHVH Resident Council performs the National Anthem during NHVH's Veteran's Day Ceremony. Also pictured are participant Robert Thomas, President of the NHVH Resident Council and guest speaker Lt. Commander Paul Bernard, USN (Ret.).



Santa visits with Phil Walton, Resident Chaplain of the New Hampshire Veterans Home.

Friends and Family



Friends, family and supporters joined us for our Annual Harvest Ball in October 2002. Pictured left to right are Nancy Lilly; State President, VFW Auxiliary; Anthony "Tony" Rabbia; American Legion; Eugene Pawlik, Department Commander, VFW; Dolly Keyser, NHVH staff member; and Elizabeth Castricone, VFW Auxiliary.

Governor Craig Benson visits with Resident Tom Weaver during a recent trip to the New Hampshire Veterans Home.



Residents David Arnold (left) and William Cundy (right) enjoy the refreshments at a recent Resident/Staff Coffee Social.

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Fax: 603-286-2416

Barry E. Conway, Commandant



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About the Home

The New Hampshire Veterans Home was initially established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. Today, the modern facility in its countryside setting is home to 150 men and women who have served their country and fellow New Hampshire citizens. NHVH is the only long term care facility in the Granite State that is dedicated exclusively to veterans.

As a professional health care provider, NHVH offers a full range of services including residential, medical/dental and nursing care as well as physical/occupational therapy, recreation, and dietetic and social services. Chapel services, exercise groups, arts and crafts, shopping trips, live entertainment and various community outings support residents'

quality of life. NHVH also offers inter-generational programs and animal-assisted recreational therapy. More than 160 staff members work in partnership with volunteers from surrounding communities and numerous veteran service organizations to enrich our residents' lives.

NHVH is currently undergoing a 100-bed nursing care unit expansion that will provide a state-of-the-art facility dedicated for use by veterans with memory impairment conditions such as Alzheimer's. The expansion, scheduled for completion by Summer 2003, will increase NHVH's capacity to 250 beds.

Additional information is available online at our website www.state.nh.us/veterans